WellnessPlus
by DR. JESS MD

Biological Basis of Coffee Enemas

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Most people question coffee enemas when first learning about the Gerson Therapy. They might wonder what their purpose is or why coffee needs to be taken as an enema. However, once the purpose is explained and put into the perspective of a patient with an illness, acceptance of the strange procedure begins to set in.

Coffee enemas can be a taboo topic in certain crowds; their very mention can lead to laughter and jokes. Rarely are they thought of as a means to heal outside of a Gerson household. We hope the following answers frequent questions about the taboo topic of coffee enemas, enlightens you to what happens in the body during the procedure, and explains why Dr. Gerson chose to include them in his therapy.

What Happens During a Coffee Enema?

Coffee enemas are a vital part of the detoxification process of the Gerson Therapy. The purpose of the enema is to stimulate the liver to eliminate toxins and to boost the removal of free radicals from the bloodstream.[1, 2]

1. Coffee is Held in the Intestines

First, a Gerson patient holds the coffee enema in the colon for 12-15 minutes. During this time, the body's entire blood supply passes through the liver 4-5 times, filtering free radicals, ammonia-like products, toxic-bound nitrogen, and protein derivatives, which are often charged particles similar to free radicals, polyamines, amino acids, and other substances released from body tissues due to cellular detoxification stimulated by a potassium rich diet.[3]

2. Caffeine is Absorbed by the Liver

Because no formal studies have taken place of the inner workings of coffee enemas, it's difficult to determine exactly what occurs inside the body. However, it is believed that during rectal caffeine infusion, such as a coffee enema, caffeine travels via the hemorrhoidal vein and the portal system to the liver, causes the bile ducts to open and allows the liver to release bile which is bound to toxins filtered from the bloodstream. The theobromine, theophylline, and the caffeine in coffee dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow.[4]

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3. Liver Stimulated to Filter Blood & Produce Bile

Enemas in general can stimulate the liver and gallbladder. It was proven in an article from 1929 in the Archives of Internal Medicine reported by investigators at Lenox Hill Hospital in New York that a variety of different enema solutions cause an increase of bile flow from the liver.[5]

Doctors at the University of Minnesota, headed by Lee W. Wattenberg, revealed that coffee could stimulate an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with cell damaging free radicals in the bloodstream, makes them inert, and prevents further impairment. [6, 7]

4. Toxic Bile is Diluted and Flushed from the Body

It is theorized these neutralized free radicals are removed from the bloodstream and dissolved in the bile. They are then released through the bile flow from the liver and gallbladder into the intestines, and then excreted through the intestinal tract. Patients using the Gerson Therapy have this toxic release stimulated 3-5 times per day with each coffee enema, and this is found to be helpful in reducing cellular damage.8

The purpose of the coffee enema is not to clear out the intestines; however the quart of water in the enema does stimulate peristalsis in the gut. A portion of the water also dilutes the bile and increases its flow, thereby flushing toxic bile, loaded with toxins created by the glutathione S-transferase enzyme system, out of the intestines when the enema is released.

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Why Did Dr. Gerson Use Coffee Enemas?

Originally Dr. Gerson applyied enemas containing caffeine drops and potassium solution. They were rather costly for patients and challenging to come by. Instead, both compounds are readily found in the much more affordable and accessible coffee![9]

The liver is directly supported in detoxification efforts by coffee due to it causing contractions of the gallbladder. This causes a release of additional bile produced during the enema as a result of elevated cholecystokinin levels, a bile stimulating hormone. The significance of coffee in the enemas is not only because it contains caffeine, but other components or constituents which have shown to aid the liver and other organs in elimination.[10]

Enemas are held in the large intestine for a substantial time, usually about 12-15 minutes. This allows absorption of components such as potassium, cafestol, and kahweol to be absorbed through the permeable gut. While many understand the beneficial properties of potassium and its purpose on the Gerson Therapy, less people are familiar with the other two compounds. Kahweol and cafestol have shown anticarcinogenic effects on the livers and kidneys of rats as well as the potential for this protective effect to extend to more distant organs.[11]

Dr. Gerson most likely did not know all of these details, but he could see these benefits in the patients he treated. Even the doctors who practice the Gerson Therapy in our modern time understand and see the power the coffee enemas have in helping patients eliminate toxicity and encourage healing of their body tissues.

To wrap up this biology lesson on coffee enemas, there are many details and inner workings to coffee enemas, but in application they are simple and these facts are no replacement for personal testimonies or experiences.[12] Gerson patients have many other details to be concerned with, but we hope these will settle the minds of the curious or hungry for evidence to support the use of this important detoxification method.

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